

*Captain's Call*

Guidelines for Wearing New PT Uniform



Sailors now have the regulation and manner of wear for the Navy's new physical training uniform (PTU) with the release of NAVADMIN 191/08 July 9.

The PTU, now available in Navy Exchanges, is required for command and unit physical training, and the semiannual physical fitness assessment beginning Oct. 1. The PTU may also be worn on and off base for fitness or leisure,

unless determined otherwise by regional coordinators or commanding officers.

During command exercise in port, the PTU shirt must be tucked into the shorts; during individual PT, or on liberty, shirts may be worn in or out of shorts. At sea, the wearing of the PTU will be at the discretion of the commanding officer.

The PTU cannot be worn while in a duty status or when conducting official business on base such as visiting medical treatment, galleys or personnel support detachments.